

Courses for Parents

**Triple P and Solihull**

Positive Parenting Programs

**Dates:** Friday 3rd October – 12th November  
Once a week for 6 weeks

**Times:** 10:00 – 12:00

**Place:** Plough Lane Offices, Hereford

**Teen Triple P**

For parents of 11-16 years, helping you to support your teenager effectively.

**Dates:** Wednesday 1st October – 5th November Once a week for 6 weeks

**Times:** 10:00 – 12:00

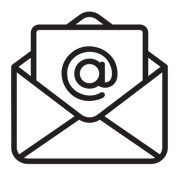
**Place:** Virtual (online)

**Standard Triple P**

For parents of 2-11 years, helping you support your child effectively.



[parentinggroups@herefordshire.gov.uk](mailto:parentinggroups@herefordshire.gov.uk)



**Stepping Stones Triple P**

For parents of 2-11 years with SEND, focusing on effective parenting skills and problem solving.

**Dates:** Wednesday 1st October – 5th November  
Once a week for 6 weeks

**Times:** 18:00 – 20:00

**Place:** Virtual (online)

**Dates:** Wednesday 10th September – 24th September  
Once a week for 3 weeks

**Times:** 18:00 – 20:00

**Place:** Virtual (online)

**Fear-Less Triple P**

For parents of 6-14 years with anxiety, focusing on effective strategies to support them to manage their anxiety.

**Solihull Parenting Group**

For parents of 0+, focusing on developing nurturing relationships with your children and improving your parents-child relationship.

**Dates:** Friday 23rd September – 28th October  
Once a week for 6 weeks

**Times:** 09:30 – 11:30

**Place:** Riverside Primary School, Hereford

Groups may be cancelled if participant numbers are low.

Self-referrals only

Children’s Help and Advice Team - 01432 260 261